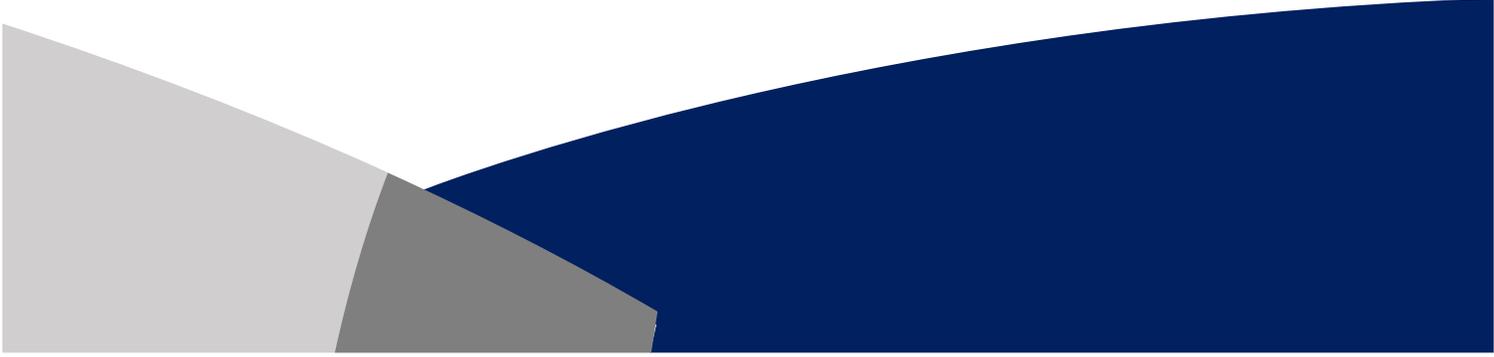




Discovering Who You are After Divorce



Patricia Lavigne
Separation & Divorce Coach





Who is that person in the mirror?

What do you see when you look at yourself in the mirror?

When I teach my courses I always ask my clients what is your best quality or tell me one of your personality traits. Usually, they hesitate and find it difficult to express who they are, or their qualities.

They pause and think and will say they are kind and

caring. People have difficulty seeing the value of who they are or what they bring to others. They have low self-esteem, no confidence or don't believe in themselves. That is one of the reasons I like to invest my time in helping people.

I encourage my clients to be confident. Learn to like yourself. Be the woman/man you want to be. You are the role model for your children. You are the friend that everyone turns to. You're the person people look up to.

Are you the person you want to be? Are you strong, independent, honest, loyal, self-sufficient, happy, proud, positive, motivated, kind, caring and giving.

This person I just described is the woman I am today. It took me years to get there but I did it. As a little girl I was shy, weak, timid, afraid, embarrassed, low self-esteem, scared, lonely and felt unwanted. Don't allow that to happen to you.

When I left home at a very young age I had to discover who I wanted to be as a woman. That is when I started to transform myself into the woman I am today by creating my personal bible. Yes, I call it my personal bible even though I'm not big on religion. I do believe in God, but I also believe you create your own faith and beliefs within yourself not with a church or group. I started to discover and create my values, morals and beliefs. That is the foundation of who I am.

Learn to appreciate and value yourself. Be strong. Show your children who you are. Be the person you want to be and don't let anyone take that away from you. It doesn't matter how other people act or behave. Just be YOU!

Be the man/woman you want to be by practicing the following steps:

- 1) **Believe in yourself** – Don't beat yourself up or put yourself down. If you make a mistake look at it as a tool to learn new things or ways to do better the next time.
- 2) **Don't compare yourself to others.** The only person you need to deal with is "our self" because your goal is to become better today than you were yesterday.
- 3) **Take one step at a time.** It doesn't happen overnight. It takes time to make positive changes in your life. **Add value to others.** Be kind and respectful of others around you. That builds character.
- 4) **Do what is right, even if you find it hard to do.** To build your self-esteem, is to do what's right.
- 5) **It takes practice and discipline to make a change.** Each day practice one thing on being that person you want to be.
- 6) **Celebrate your accomplishments.** Each day can be a challenge, but it is important to encourage and inspire yourself by celebrating small victories. HAPPY DANCE, HAPPY DANCE.
- 7) **Create a positive vision for your life based on your values.** Write a list of values that will help you and inspire you to create tangible steps in working towards your accomplishments.

- 8) **Practice the “one-word” strategy.** Each day pick one word to describe yourself and look in the mirror and remind yourself who you are.
- 9) **Take responsibility for your life.** Do you realize that if we don’t have a plan and purpose in life, you will become part of someone else’s! You will lose your identity.
- 10) **Stay strong-** learn to appreciate and love who you are and the person you become. BE PROUD!



When you can be that person every single day and not let anyone else take that away from you. That is the day you can look at yourself in the mirror and be proud of who you are and your accomplishments.

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous